

Hungerford Chiropractic Healthcare

January Newsletter 2019

December is a magical time where people come together and show their love and gratitude to one another and all team here were truly spoilt. We were given some truly fabulous gifts from our members and we would like to say a big...

*Thank
you*



and have a Happy and
Healthy 2019!

How would you like to win



We would love to **ATTRACT** more people to the Centre who are
JUST LIKE YOU

We are running a competition this month. If you write us a **google+** review by 31st January 2019 you will be automatically entered into our prize draw.

To write your review click on the link below:

https://www.google.com/search?client=safari&rls=en&q=hungerford+chiropractic&ie=UTF-8&oe=UTF-8&gfe_rd=cr&dcr=0&ei=nfdDWv_yIcmGgAb5IIHIBg#gfe_rd=cr&lrd=0x4876ab53903ebfeb:0x7f8190bef5f4218f,3

Or follow our guide:

On your computer, open **Google Maps** and make sure you're signed in.
Search for **Hungerford Chiropractic Healthcare**
Click **'Write a review'**.

In the window that appears, click the stars to score us. Then write your review!

Thank you so much for your support. We really do appreciate it x

What are your 2019 Goals?

Recipe for Success - 2019 Goals

"I wish I'd had the courage to live a life true to myself, not the life others expected of me"
(The number 1 regret of the dying)

Don't let this be you!!!

Make the time to think about what's important to you, what fills you up, what makes your heart sing.

If you are not **consciously** planning out your time, your days, then the priorities of everyone else will take over and years will go by before you realise you've not been living a life true to you.

It's time to start designing the life you want, and setting goals for the year is a great first step.

There are so many ways to set goals. I believe there's no right or wrong way to do it .. it's just what ever actually works for you!

One of my favourite ways is to imagine myself a year ahead - ie it's the end of December 2019. I ask myself the question:

'When I'm reflecting back on the year I've just had, what 5 things need to have happened for me to consider it a success?'

For me this really helps me see the **bigger picture** rather than getting lost in the details. It forces me to really focus on **what matters the most**.

Some of the goals may be very specific, but it also brings up **bigger themes** as well, ie I want to feel happier in my own skin, I want to feel more energised, I want to build deeper connections with friends etc.

From there you can then list all the **specific** action steps that will get you to your end goal, but it means you really are **beginning with the end in mind**, which I believe is the key to success.

Make sure you value yourself enough to go through this exercise to start **creating the life you want**.

Recipe of the month

Bone Broth

This is one of my favourite ways to keep me healthy and healing from the inside out. From a healthy gut to stronger and healthier skin, hair and nails, there are many benefits to consuming bone broth.

Ingredients

Chicken carcass, or lamb/beef knuckle bones

Cover with water

You can also add: crushed garlic, 1tbsp cider vinegar and any vegetables you want (eg onion, leek, carrot - roughly chopped)

Method

-Place all ingredients in a slow cooker and set the heat to high.

-For chicken bones, cook for 6 hours. Lamb and beef bones for 12-24hrs

-Strain the stock through a fine mesh strainer and throw away all the debris

-At this stage you can reduce the stock on the hob to concentrate it down if you want to

-Place the cooled stock into glass jars for storage in the fridge (for up to a few days) or pour into freezer-safe containers for later use.

-The fat will rise to the top and solidify when cold. You can use this for your savoury cooking in place of butter or oil

-When the broth is fully cooled, look for a gelatinous consistency. That means your broth is gelatin-rich! Sometimes a longer or very hot simmer may break down the gelatin and your broth won't appear gelatinous. Don't worry the broth is still very mineral rich.

-You can drink the stock warm as it is, or use it as a base to soups and stews. If you reduce it down further, it will go very solid when cold. I often have a tablespoon 1st thing in the morning :)



Join the HCH Community: @HungerfordChiropracticHealthcare